

HOLSOM

Meaning: HOLSOM (adjective): Beneficial to health; wholesome or conducive to well-being, especially in terms of diet and lifestyle.

1. The holistic approach to health emphasizes a holsom lifestyle that incorporates both physical and mental well-being.
2. She prepared a holsom meal full of fresh vegetables and lean proteins, ensuring everyone enjoyed a nutritious feast.
3. Incorporating regular exercise into your routine can lead to a more holsom existence, both physically and emotionally.
4. The community garden thrived, providing holsom produce that brought neighbors together in a shared commitment to healthy living.
5. His holsom attitude towards life inspired those around him to adopt healthier habits and foster stronger relationships.

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